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Why cupping is the new alterna-health craze. 12

INSTA-SHADE

Selena doesn't approve of Justin's social media etiquette. 6

Bon Me raises the wage bar to $15. 2

LAST DANCE

Aly Raisman will likely close out her Olympic career today as she goes for gold in the floor exercise in Rio. A look at how 'Boston's Olympian' has defied the odds. 13

GETTY IMAGES

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3 THINGS YOU NEED TO KNOW

WILDFIRE RAGES INTO CALIF. TOWN, BURNING HOMES, BUSINESSES

A rampaging wildfire that descended on a small Northern California town destroyed more than 100 homes and businesses, authorities said on Monday, as crews fought to save more dwellings from the flames. The so-called Clayton fire, which broke out on Saturday evening, was driven by fierce winds into the foothill community of Lower Lake, some 80 miles north of San Francisco, burning everything in its path and forcing hundreds of residents to flee. A damage assessment team was working to determine how many structures were lost, said Daniel Berlant of the California Department of Forestry and Fire Protection. But he added, "we know it's well over 100," mostly homes. REUTERS

RUSSIA SAYS IT'S CLOSE TO JOINT MILITARY ACTION WITH US IN ALEPPO

2 Russia and the United States are close to starting joint military action against militants in Syria's city of Aleppo, Russian news agencies on Monday cited Defence Minister Sergei Shoigu as saying. Fighting for control of Aleppo has intensified in recent weeks and there have been some gains for rebel groups battling Syrian government forces. Shoigu's statements come as a surprise because Russia and the United States back different sides in the conflict while participating in talks to try to find a political solution. "We are now in a very active phase of negotiations with our American colleagues," the RIA news agency cited Shoigu as saying. "We are moving step by step closer to a plan — and I'm only talking about Aleppo here — that would really allow us to start fighting together to bring peace so that people can return to their homes in this troubled land." Shoigu said about 700,000 people were still living in Aleppo and that those living in the eastern part of the city were "hostages of armed groups." Russia backs President Assad in the 5-year-old Syrian conflict, while the United States wants to see Assad step down. REUTERS

US SUES UNITED FOR DENYING BENEFITS TO AIR FORCE RESERVIST

3 The U.S. government on Monday filed a lawsuit accusing United Airlines Inc. of denying employment benefits to a U.S. Air Force reservist during his military leave that it grants other workers for similar types of leave. The Department of Justice said it filed the lawsuit on behalf of Daniel Fandrei, a lieutenant colonel, against United, which is part of United Continental Holdings Inc. REUTERS

Bon Me chef and co-founder Alison Fong announces her company's plan to enact higher wages. DEREK KOUYOUMJIAN

Mayor hails Bon Me wage hike decision as 'success story'

Walsh said the company, which is raising its wages to $15 by 2018, is setting an example for others in Boston to follow.

KRISTIN TOUSSAINT
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Boston-based restaurant and food truck company Bon Me announced Monday that earlier this month it had raised the starting wage for its employees from $11 to $13 an hour and intends to raise all employees to $15 an hour by the end of 2018.

Mayor Marty Walsh called it an "incredible success story," not just for the local, small business but for the entire city.

Walsh said Bon Me's decision to pay a "living wage" is an example for other businesses to invest in their workforce, which he says will improve the city overall. In Greater Boston, nearly 200,000 workers earn a median wage of less than $15 an hour, he said.

"We're becoming a city of people who can make it and people who have to move out," Walsh said, "and we have to do better than that."

Bon Me chef and co-owner Alison Fong made the announcement outside of the company's commissary kitchen in Roxbury to a crowd that included Walsh, Boston City Council President Michelle Wu, members of the Fight for $15 movement and Bon Me employees.

"Our successes could not have been possible without the hard work of our employees," Fong said. "We are proud of this choice because we want Bon Me to be a business that takes care of our people by helping them provide for themselves and for their families."

Fong pointed to several of her employees whose loyalty has contributed to the comapny's success, one who has been with her since Day 1 and another who started working for Bon Me as a freshman in college and is now a manager.

"As small business owners, Patrick [Lynch, co-founder and business partner] and I have a lot to learn about management, but we've seen how low wages and high turnovers are just an all-too-common trap in our industry," she said.

In planning the change in wages, Fong worked with the Restaurant Opportunity Center, Raise Up Massachusetts, and the Chinese Progressive Association, which Fong has been connected with since she was in high school.

Angel Castro, 22, started working for Bon Me at $10 an hour about a year and a half ago. His recent pay raise to $15 an hour will make it easier for him to continue going to Roxbury Community College where he's working toward a degree in business management.

"I'm finally able to afford to pay all my bills and support my mother and my two younger sisters" Castro said. "I can focus more in school."

Bon Me began as a single food truck in 2011 with six employees. Now, the company has six trucks, five restaurants, and 165 employees. A higher wage, Fong hopes, will show that Bon Me is willing to invest in retaining and attracting employees.

"If a small business can do this, there is no question and no reason big businesses can't do this," said Suzanne Lee, president of the Chinese Progressive Association.

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LOCKED IN

Medical center locks elderly woman inside at closing time

An 86-year-old dialysis patient receiving treatment was mistakenly locked inside a Methuen building by staff members who were leaving for the night.

On Saturday, Chelmsford resident Maureen Perry was undergoing a four-hour dialysis treatment at Fresenius Medical Care when the staff locked the building, forgetting she was inside, Fox 25 reported.

The woman's granddaughter, Erica Crosby, took a photo of her grandmother through the window before firefighters unlocked the building to let her in.

"We pulled up to this facility. I get out of the car and she's in there," Crosby said to Fox 25. "The lights are completely off, the building's locked up, and I'm banging on the window."

Firefighters transported Perry to her rehab facility, CBS Boston reported.

On Monday, Fresenius said that a staff member had "mistakenly believed" all the patients had left when the clinic was closed.

"We deeply regret what occurred and have spoken with the patient's family," a statement from Fresenius was quoted by Fox 25.

JASON NUCKOLLS

Mass. GOP keeping distance from Trump

Republican leaders in the Massachusetts House and Senate are hardly rushing to endorse their party's presidential nominee.

Quizzed about their stance on Donald Trump over the past few weeks, the House and Senate minority leaders and several lawmakers on their leadership teams declined to say whether Trump will receive their votes in November.

House Minority Leader Brad Jones and several other top Republicans also made clear, however, that they would not vote for Hillary Clinton, the Democratic Party's nominee, and stopped short of saying who would receive their votes.

Senate Minority Leader Bruce Tarr endorsed Ohio Gov. John Kasich, one of the last primary candidates to drop out and a pol who has continued to spar with Trump after the New York real estate developer won the nomination.

Trump GETTY IMAGES

Trump picked up nearly 50 percent of the Republican primary vote in Massachusetts in March on his way to sealing up the Republican nomination, but his stances and style have turned off longtime members of the GOP around the country.

Gov. Charlie Baker, a Swampscott Republican, has said he won't vote for Trump, Clinton or Libertarian Party nominee Gary Johnson. REUTERS

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GUT CHECK TIME

TOM FOREMAN
Opinion
CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

In the summer heat, the presidential race has seemed at times like an egg cooking on the sidewalk: plenty of sizzle but not going anywhere. That's finally changed. Polls are moving, the candidates are retrenching. Here are my three things to watch this week in politics:

1. HEADING FOR DIVORCE COURT?
Mainstream Republicans have been uneasy for months about the potentially damaging effect of Donald Trump as their nominee. Now it is turning to panic. Democratic skirmishers are forcing them to defend even screamingly red states such as Utah and Georgia, and in D.C. cafes Hillary Clinton's loyalists are all but picking curtains for their new offices as they lounge over iced coffee with soy milk. Some are even whispering the word "landslide." In this crazy election, they could yet be completely wrong. But the rift in the Republican family is growing noticeably deeper as strategists talk less about the presidential race, and more about trying to hold onto the House and Senate. Right now it feels like a trial separation, but if the candidate and his party don't get cozy again soon it could turn into a nasty, plate breaking, political divorce.

2. CAN WE TALK?
Their newly released tax returns show that the Clintons get paid well every time they agree to talk. Scratch that. I mean, insanely well. The couple scored $6.7 million in speaking fees alone last year with many of those appearances involving big money players in a variety of businesses. That will have Republicans and watchdog groups howling about conflicts of interest this week and, hmm — bringing up her secret bank speeches again? Yeah. Probably.

Jill Stein GETTY IMAGES

3. HEY, WHAT ABOUT ME?
If you still hate your major party choices in this race, CNN will be hosting a town hall with the Green Party pick Jill Stein and her presumptive running mate, Ajamu Baraka. It's happening Wednesday night, and considering how many people dislike the front-runners, who knows? Could be a lot of viewers.

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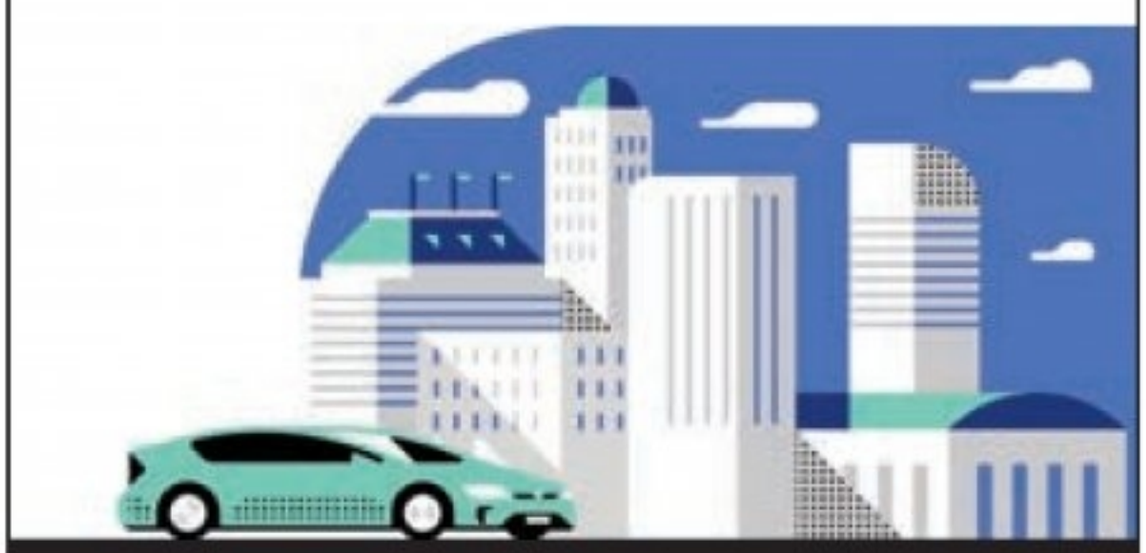

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Selena and the Biebs: It's getting ugly

ALL PHOTOS GETTY IMAGES

The Jelena saga is getting ugly. But, the internet has spoken and it's #TeamSelena all the way.

When Biebs posted a series of selfies with alleged girlfriend Sofia Richie on Instagram, his Beliebers weren't very happy and reportedly started being "so mean" to the 17-year-old model. So, the "Sorry" singer threatened to make his account private.

Shortly after Bieber's post, the hashtag #RIPBeliebers started trending.

But just as the Beliebers were slowly coming to terms with the Biebs' ungrateful behavior, Selena Gomez shared some words of wisdom on Instagram. Suddenly, Beliebers became Seleners or the proper term "Selenators," after she basically accused Bieber of disrespecting his fans.

After Selly put her ex on blast, the trending topic changed to #SelenaEndedJustinParty.

The drama didn't end there. Even though Gomez seemingly won this battle, Bieber didn't back down. So, he fired back, accusing Gomez of using him for attention!

Clearly, Biebs forgot that Gomez was Alex Russo from "Wizards of Waverly Place" in 2009, while he was still posting YouTube videos. Tsk, tsk!

But then Gomez got super personal and accused the Biebs of cheating on her.

Selly then wanted to throw one last shot at and posted an Instagram collage of her fans.

Bieber's response: "I cheated...oh I forgot about you and Zayn."

At press time this is the last in the feud: Someone take their phones away from them.

Adele won't be playing the Super Bowl after all

Turns out the singer won't be saying "hello" from the outside after all. Adele set the record straight last weekend during her Staples Center concert in L.A., telling audience members, "First of all, I'm not doing the Super Bowl. I mean, come on, that show is not about music. And I don't really … I can't dance or anything like that. They were very kind, they did ask me, but I said no."

However, the NFL and halftime show sponsor Pepsi have both officially denied asking Adele to perform, going as far to release a joint statement noting: "The NFL and Pepsi are big fans of Adele. We have had conversations with several artists about the Pepsi Super Bowl halftime show. However, we have not at this point extended a formal offer to Adele or anyone else." Shade.

Rumors that Adele would follow in the footsteps of Bruno Mars, Beyonce and Katy Perry started last week when U.K. tabloid The Sun reported that the singer had been asked, but was wary of accepting.

Shah Rukh Khan has a good use for Pokémon Go

Even when you're stuck, there's always Pokémon Go.

Shah Rukh Khan may be the most famous Bollywood actor in the world, but that doesn't mean the red carpet is rolled out for him everywhere — namely, at U.S. airports. "I fully understand and respect security with the way the world is, but to be detained at U.S. immigration every damn time really really sucks," he tweeted.

But when life hands Khan lemons, he (presumably) does a peppy dance number about making lemonade. Or, in this case, the next best thing: "The brighter side is while waiting caught some really nice Pokemons."

Alas, it's not just security staffers who don't recognize the actor. Khan posted a heartfelt message on Instagram just a week ago revealing he's become a bit emotionally invested in catching 'em all. "Feeling extremely inadequate, unattractive & lonely. Been on the road for 45 mins & not one Pokemon has come to me. Not even a Pidgey or a Rattata."

An existential crisis about a video game? Stars ARE just like us!

the word

Kendall Jenner's horrifying stalker encounter

Imagine coming home late at night and seeing a stranger waiting for you in the dark. That's exactly what happened to 20-year-old model and "Keeping Up With The Kardashians" star Kendall Jenner at her recently purchased home in Hollywood Hills on Sunday night.

TMZ reports that as she approached her house, she saw a man standing by the driveway gate. As she drove through, he followed close behind and entered the property on foot.

Terrified, Jenner called the police and didn't leave her car until the scary situation was resolved.

The man was arrested for stalking. There was already a warrant out for his arrest, according to TMZ.

Looks like being famous isn't always a walk in the park, or the driveway.

Ben Foster has some fun

An actor known for playing intense gets to portray a fun psycho in "Hell or High Water."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Ben Foster, left, and Chris Pine play brothers who go on an epic bank robbing jag in "Hell or High Water," in theaters Friday. CBS FILMS

Ben Foster loves him some "Hell or High Water." And that's not just because it's his new movie. The acclaimed actor, 35, is picky, especially when it comes to watching his own films. A rare exception is the low-budget thriller, which takes an alternately pitiless and hilarious look at two ne'er-do-wells (Foster and Chris Pine) who embark on a marathon of bank robberies in Texas, unaware they're being pursued by a methodical Texas Ranger (Jeff Bridges).

You've done unusually intense forms of preparation for some roles. Did you have to do anything approaching intense for this?

It was a very aggressive diet of whiskey and hamburgers. I trained hard for it. [Laughs] Tanner [his character] is an animal.

GETTY IMAGES

He's a man who enjoys his appetites. So I indulged some myself.

You've played psychos before. But more than the others, Tanner enjoys being bad.

I agree. He enjoys his life. He enjoys the transience of this human experience to the hilt. He knows he's not going to get out alive. It ain't gonna end pretty. So, in the meanwhile, whee!

He seems like he was fun to play.

I've never had as much fun on a gig as I did on this one.

This isn't a comedy, but I laughed more at this than I do most comedies. You don't do a lot of funny movies. Do you want people sending you more comedy scripts?

I don't really watch a whole lot of movies, but I'd rather watch Louis C.K. or "Arrested Development" than most dramas. I don't have a bias for comedies. It depends on what crosses my table. I sure like to laugh more than anything. It might be better than sex. Funny sex might be the best.

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"NO COUNTRY FOR OLD MEN'

Javier Bardem's hair is still funny in the Coen brothers' "No Country for Old Men." PARAMOUNT

You can't imagine gruesome Cormac McCarthy grinders like "Child of God" or "Blood Meridian" as movies — that is, unless you're James Franco. But his 2005 novel reads like the thriller it two years later became. All the Coen brothers had to do was cut the right bits out. The result? One of the few Best Picture winners you could willingly kill a lazy Sunday watching, striking a balance between pulp and profundity.

"MY GOLDEN DAYS"

Quentin Dolmaire and Lou Roy-Lecollinet are young and in love in "My Golden Days." MAGNOLIA PICTURES

The latest from French genius Arnaud Desplechin is a sequel that's also a prequel, and to a film you probably haven't seen. But don't let that discourage you. You should still watch his 1996 epic "My Sex Life ... or How I Got Into an Argument," which is as terrific as its title. But its follow-up works fine as a stand-alone. Desplechin catches back up with one of his characters — neurotic romantic Paul Dedalus (Mathieu Amalric) — only to jump back to his youth and his first blush with terrible love. As a filmmaker, Desplechin is ravenous, filling the screen with acrobatic shots and a riot of details and pop music. It's a delirious watch, and a fine gateway into one of cinema's most hepped-up talents.

"THE FAST AND THE FURIOUS"

Has there ever been a franchise that mutated as often as the "Fast and/or Furious" movies? It must be a shock to a return to the first one — this little ditty from 2001 about two dudes who race cars and occasionally play cops and robbers.

Somehow this modest little genre entry birthed the most ludicrous series on the planet, with the last entry boasting them jump-driving between two skyscrapers and The Rock wielding a helicopter gun. Look how much it's grown!

Vin Diesel and Paul Walker look so young in the first "The Fast and the Furious." UNIVERSAL PICTURES

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Kadenze brings arts education to the masses

Columbia University and Berklee College of Music are the latest schools to join forces with the innovative arts education site.

HELEN MURPHY
@MetroBOS
letters@metro.us

Kadenze brings the best arts education classes, resources and professors together into one website. ISTOCK

In May 2015, the first graduates of Berklee College of Music's online bachelor degree program walked across a (real, not virtual) stage at a commencement ceremony in Boston. At the time, the program was one of the first arts education degrees that could be earned entirely online, making music education accessible to a wider audience. But what about other types of arts education?

Enter Kadenze (pronounced "kah-den-zay"), a for-profit online portal that brings together the best arts education classes, resources and professors into one website. Pulling from universities around the globe, Kadenze offers MOOCs (massive open online courses) in coding, visual art, music and art history. The website partners with 26 schools including Princeton University, the School of the Art Institute of Chicago, the Pratt Institute and, most recently, Columbia University and Berklee.

Kadenze co-founder Ajay Kapur notes the important role the two latter schools have played in the recent growth of online education. In a 2013 study, the Teachers College at Columbia found that roughly one-third of all college students were enrolled in online courses, a sizeable increase from 2010.

The high cost of a creative education

Kapur says the idea for Kadenze stemmed from two problems in arts education: the growing cost of higher education and, secondly, that the influx in research about online education had been mostly geared towards online classes for math and science students, not the arts. That college education is increasingly expensive isn't news to most people, but Kapur especially noticed the detrimental effect of rising costs within the arts.

Courses may be taken for credit by students working toward a degree, or simply as resume builders.

"We are seeing a lot of users who already have a college degree, and we're entering this age where people just really want to continue learning — some of our most popular courses are in the areas of design and creative coding … it helps them push people to where they want to get to in the next phase of their career," Kapur says.

A hands-on arts education online?

Classes on Kadenze are conducted through video-based lectures and collaboration on group discussion boards.

"I think the thing that's very special about Kadenze is that it's not only the teacher that you learn from; you end up learning from the global community that is submitting assignments and is really part of the discussion, and that's what makes it so fun," Kapur says.

Premium membership to Kadenze is $10 per month and allows students receive grades, college credits and build an online portfolio, while free membership allows students to take classes in a more passive manner.

All of the courses Kadenze offers focus on harnessing individual creativity.

Says Kapur, "Being creative, being a designer, being a creative thinker — these are all things that are necessary for innovation and leadership in the world."

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Google is your new resume

When Richard Nelson Bolles first published "What Color Is Your Parachute?" in 1970, it was one of the first job-hunting guides to hit shelves. Today, it still remains one of the best.

The new and improved 2016 edition (out now) is updated for a digital age — Google! LinkedIn! Questionable tweets! We combed through the new edition and found the top three tips for using the internet to your job search advantage.

Landing a great job can be easier for the internet savvy. ISTOCK

1 Make LinkedIn your best friend

As "the Swiss army knife" of job sites, users should take full advantage of all LinkedIn's myriad functions. For one thing, it allows potential employers to quickly glean info about your background. This means candidates with clean, updated profiles — that's you, we hope — have an edge. Use the site's ample space to tell a story about major job achievements and highlight what gives you a competitive advantage.

2 Learn as much as you can about a place before you agree to work there

You can't *really* know what it's like to work somewhere until you're on the payroll, but you can sleuth websites devoted to culling feedback from current and former employees about the inner workings of their companies. With 358,000 reviews, the most comprehensive site out there is Glassdoor.com. Careerbliss.com is also an option.

3 Self-Googling isn't just for narcissists

Prospective employers *will* Google you, so think of the search engine as your new resume. Google yourself, then scrub or edit any questionable online detritus. This includes the obvious — evidence of racism or prejudice — and the careless — bad grammar on your Facebook profile, for instance. ALIZAH SALARIO

Going back to school changed everything.

– Nicole Silva, Management Student & Working Mother

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Fisher College Student Veteran Association Awarded $10,000 for New Vet Center

Part of nationwide Vet Center Initiative by Student Veterans of America and The Home Depot Foundation to support veteran centers on college campuses

Boston, MA. – Walking onto a college campus after leaving the military can be a disorienting experience for student veterans. That's why The Home Depot Foundation and Student Veterans of America (SVA) are awarding the SVA chapter at Fisher College $10,000 for its veteran center on campus, as part of their Vet Center Initiative.

The newly formed Student Veteran Association was established at Fisher College during the end of the academic year. There are currently 16 members. The purpose of the organization is to provide student veterans with a source of support, advocacy, and camaraderie. The veteran center will offer the organization a place to meet, both as a group and socially. Construction is set to begin July 1 and will be completed by the end of this calendar year.

"As a designated Military Friendly School, we are very proud that Student Veterans of America and the Home Depot Foundation have recognized Fisher College and its student veterans in this way," said Dr. Neil Trotta, Veterans Liaison for Fisher College. "Because our student veterans tend to be a little older than the traditional college student and have had some very significant life experiences, it's important to provide them with a space where they fit in and feel comfortable."

Student Veterans of America and The Home Depot Foundation teamed up in 2014 to launch the Vet Center Initiative, offering SVA chapters a chance to compete for up to $10,000 in grant money to build or renovate a veteran center. By 2015, 61 campuses earned $500,000 to build or rehabilitate veteran centers that benefit more than 30,000 student veterans. This year, 50 campus communities were awarded grants of up to $10,000.

About Student Veterans of America: SVA is a 501(c)(3) non-profit coalition of more than 1,300 student veteran chapters, representing over 540,000 veterans in higher education, across the country. SVA's mission is to provide military veterans with the resources, support, and advocacy to ease veteran and active military students' transition into higher education and leverage military experience to launch successful careers in high-demand fields after graduation. For more information, visit us at www.studentveterans.org

About Fisher College: Fisher College is an accredited four-year college located in Boston's historic Back Bay with instructional site locations in Boston, Brockton, New Bedford, and North Attleboro. Fisher provides affordable, real-world educations that prepare students to achieve their career goals and compete in today's challenging economy. For over a century, Fisher has been changing lives by providing opportunities to students focused on the three most important aspects of a college experience: education, dedication, and life.

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Study predicts that by 2020 more than 65% of jobs in the US will require specialized, post-secondary education

This is according to a study by Georgetown University's Center of Education in the Workforce. That same study also found 35% of these jobs will require at least a Bachelor's degree, while the fast-growing fields of healthcare, education and STEM (science, teaching, engineering, math) also have the highest demands for post-secondary education and training.

Indeed, labor experts believe that the U.S. will be facing a critical shortage of workers in the areas of healthcare, education and STEM in the coming years.

Cambridge College is uniquely positioned to help adult learners advance in these rapidly growing and changing fields. Offering innovative undergraduate and graduate programs, **Cambridge College** helps students gain the skills they need to be competitive in the global economy, as well as preparing them for credentialing and licensing necessary to succeed in many of today's careers.

The school has campuses in Cambridge, Lawrence, Springfield, Puerto Rico and Southern California, as well as online, evening and weekend classes. All programs are designed to fit the needs, schedules, and responsibilities of adult learners by offering an innovative educational model that is inclusive, student-centered, and career-oriented. The faculty respects and leverages the diverse skills and experiences of students, valuing the "real life" experiences so many students bring to the classroom.

For example, **Cambridge College's School of Education** offers practitioner-centered, graduate programs with an emphasis on addressing the educational needs of diverse populations. Students are working adults, often already in PreK-12 grade school settings, and seeking to practice in a broad range of specializations specific to the high-demand career areas. Another example is **Cambridge College's School of Management** that offers several MBA programs, including a specialized Master of Business Administration in Health Care (MBA-HC) program that has been designed to meet the demands of healthcare employers.

Knowing that cost can often be a barrier, **Cambridge College** works to keep tuition costs low and to provide financial aid to those who qualify. Today, the college's tuition is less than the cost of the average nonprofit four-year college, and it provides financial assistance to over 60% of all students.

Cambridge College is currently taking enrollments for the fall semester. Learn more the school's programs by visiting **www.cambridgecollege.edu** or calling **(800) 829-4723** today.

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MASSACHUSETTS ONE-STOP CAREER CENTERS

Olympics legend Michael Phelps won big yet again in Rio, and got people talking about cupping. GETTY IMAGES

Should you try cupping?

The Olympians have put this health fad front and center, but do you need rings on your back?

KATE MOONEY
@MetroBOS
letters@metro.us

The image of dark, reddish-purple circles on Michael Phelps' neck and back as he raced toward five gold medals is now fixed in the minds of millions of viewers of this year's Olympic Games.

Unless you've been living under a rock, you've probably heard by now that those circles resulted from cupping, the ancient Chinese practice of applying heated glass cups directly to the skin, creating suction that relieves tension and increases blood flow.

From Phelps to Olympian gymnast Alex Naddour and swimmer Natalie Coughlin, to celebrities like Gwyneth Paltrow and Jennifer Aniston, it's all the rage.

And it's piquing the curiosity of everyday people, too.

Samantha Yurkosky, an acupuncturist at 16th Street Acupuncture in New York, says she's seen an increase in appointments since the games began earlier this month.

Yurkosky tells us that while many of her patients tend to be marathon runners, dancers or athletes who follow intense training regimens, cupping can benefit anyone who has tension to relieve.

"People who are at their desks all day have tight neck and shoulder issues, so we do cupping a lot around the neck and shoulder areas," she says.

"During the procedure, which is painless, Yurkosky says, cups are kept on the skin for five to 15 minutes. The marks last for two to three days."

In patients with a bad cold or bronchitis, it can also help remove phlegm from the lungs, she adds.

But like many alternative medicines, there's no proof that cupping actually works to improve athletic performance, relieve pain or treat certain medical conditions.

A big problem is in the design of tests. Accounting for the placebo effect — whether a patient actually feels better physically afterward, or just mentally because they expected to — is a challenge.

Raisman looks to go out a winner

Aly Raisman will likely compete in her final Olympic event today.

MATT BURKE
& REUTERS
@burke_metro
matthew.burke@metro.us

Aly Raisman and Michael Phelps have slammed Father Time to the ground in these Rio games.

The 31-year-old Phelps finished his career (we think) with 23 gold medals. The 22-year-old Raisman will seek her second straight gold medal in the floor exercise on Tuesday (7:30 p.m., NBC).

Both athletes are ancient, age-wise, in their respective sports and Phelps has already put the cap on an incredible run. Arguably the most famous Olympian from Boston in history (apologies to Nancy Kerrigan and Mike Eruzione), Raisman will likely cap her incredible stretch today.

The floor exercise is Raisman's signature event, though she will undoubtedly get a run for her money in the final by teammate Simone Biles, who has dominated in Rio.

"No one goes in thinking they can beat Simone," Raisman told Reuters. "People don't go in thinking they can beat Usain Bolt, either. It's kind of the same thing."

After the Olympics, Raisman and Biles plan to go on vacation together to think about their respective futures. Biles will be 23 years old when the next Summer Olympics take place, older than "Grandma Aly" is now. Raisman will be 26 by the time the Tokyo games roll around. While it's highly unlikely that Raisman will compete in 2020, there has been plenty of hope for older athletes in these games. When you consider Uzbekistan trotted out 41-year-old Oksana Chusovitina — that's when you start thinking that age truly is just a number.

"I feel really good at 22 and I can't wait to see what is to come," Raisman told Reuters.

Next to Raisman was Biles, who quickly asked, "2020?"

That decision will, of course, take some time.

Final five step into spotlight

(Reuters) Fresh from winning the team gold medal and Simone Biles' historic first-place performance in the all-around competition, the U.S. women's gymnasts stepped into the media glare, looking a bit shellshocked by the attention.

Aly Raisman will likely waive goodbye to Olympic competition today. GETTY IMAGES

"I'm looking forward to going home and seeing my family and being in my house and everything, just being in a home," said Biles, when asked what she was most anticipating after Rio. "I'm pretty sure I'll just go on lockdown in my house. It won't be exactly normal but we'll make it as normal as possible."

Normality could be hard to achieve in the next few months for the five athletes in their teens and early 20s, warned Raisman.

Raisman was, of course, part of the squad that won the team gold in London in 2012 and remembers the whirlwind of attention that followed.

"It's very exciting and very crazy. I've told them a lot about it," said Raisman. "Back in the States, everyone's going to be taking photos and asking for our autographs and it's very surreal."

In a long-beloved ritual for U.S. Olympic champions, Kellogg's said on Friday that the faces of Biles and her teammates would appear on boxes of Special K breakfast cereal.

The team were on the first of two rest days before the competition resumes on Sunday with the women's uneven bars and vault final.

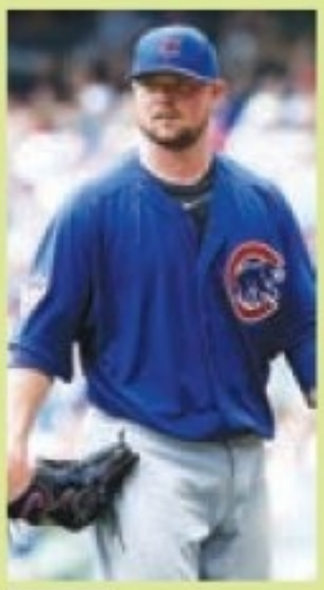
"I just want to be up on the podium and finish with a good bar set," said Gabby Douglas, 20, who was also part of the 2012 gold-medal-winning team. Asked how she maintained her focus despite the distractions of 10,000 athletes and hundreds of thousands of fans, the Virginia Beach, Virginia, native said, "You kind of just stay in your own bubble."

Teammate Madison Kocian, a 19-year-old for Dallas, also had her sights set on the upcoming events.

Success can be fleeting in gymnastics, with most athletes' careers over by their mid-20s, but at least three months of applause await the group, who embark on a 36-city tour of the United States after the Games.

"I feel like our schedules are just getting built up every day," said Laurie Hernandez, of Old Bridge, New Jersey, who at 16 was the youngest of the group. "We just go wherever they tell us to."

MLB power rankings | by Ryan Hannable



No. 1

Cubs (73-43)

As it stands now, the Cubs are the odds-on favorites to win the World Series. They've won eight of 10 and lead the NL Central by a whopping 12 games.

No. 2

Nats (69-41)

The Nats are one of the hottest teams in the league as they've now won seven of 10 and have built an 8.5-game lead in the NL East. Washington and the Cubs look to be a cut above the rest in the NL.

No. 3

Rangers (69-50)

Texas has dropped two straight and while it made a number of moves at the deadline, it's hard to tell exactly what they are. They have a minus-1 run differential, which typically doesn't happen for playoff teams. Still, they lead the division by 5.5 games.

No. 4

Indians (67-48)

After slowing down for a few weeks, the Indians have kicked it into high gear as they have now won four straight and seven of their last 10. Mike Napoli has had a huge turnaround season as he has 84 RBIs.

No. 5

Blue Jays (67-51)

The Blue Jays lead the AL East by just a half a game, but they may be the team best equipped for the rest of the season. Along with their powerful offense, they are starting to get contributions from the mound as Aaron Sanchez owns a 2.84 ERA.

No. 6

Orioles (66-51)

It's been a solid all-around season for the O's as they have been steady throughout. Mark Trumbo and Manny Machado have been great, but the unsung hero has been reliever Zach Britton and his AL-leading 37 saves.

No. 7

Giants (66-51)

The Giants and Dodgers continue to go back and forth in the NL West, with San Fran clinging to a one-game lead. Madison Bumgarner's 2.11 ERA is currently second-best in the National League. This divisision race is highly intriguing.

No. 8

Dodgers (65-52)

Winners of six of their last 10, the Dodgers are closing the gap in the NL West. Everyone knows about Clayton Kershaw, but Kenly Jansen — who owns 35 saves on the season — has been spectacular as well.

No. 9

Red Sox (64-52)

The roller-coaster ride of the 2016 Red Sox has continued of late, but they are coming off a sweep of the Diamondbacks and are feeling good about themselves. Mookie Betts had his second three-homer game of the season on Sunday.

No. 10

Tigers (63-54)

A month ago it seemed impossible for the Tigers to reach the postseason, but they have been one of the hottest teams around recently and are making a run at the Wild Card. Michael Fulmer has a 2.25 ERA.

No. 11

Cardinals (62-56)

With the Cubs running away with the division, the Cards have turned their attention to the Wild Card and are in a dead-heat with the Marlins for the second spot. Miami may end up signing A-Rod, but St. Louis is in better position to grab that spot.

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LEGAL NOTICES

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by **Rolando A. Herrera, Vilma Herrera** to Bank of America, N.A. dated July 5, 2007, recorded with the Suffolk County Registry of Deeds in Book 42125, Page 116, as affected by a loan modification agreement dated April 6, 2011, recorded at Book 48185, Page 202, and re-recorded at Book 50743, Page 91,; said mortgage was then assigned to U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust by virtue of an assignment dated April 24, 2015, and recorded in Book 54414, at Page 85, of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 11:00 AM on **September 6, 2016**, on the mortgaged premises. The entire mortgaged premises, all and singular, the premises as described in said mortgage:

All that certain parcel of land situated in that part of Boston called Dorchester, County of Suffolk, Massachusetts, known as and numbered 47 Hewins Street, being Lot 14 on a plan entitled, "Plan of Building Lots in Oakland Garden, belonging to Franklin Park Land & Improvement Company," made by H.M. Moses, surveyor, dated March 8, 1893, recorded with the Suffolk County Registry of Deeds Book 2136, Page 465, bounded and described as follows: Northeasterly by Hewins Street, 112 feet; Southeasterly by Erie Street, 47.94 feet; Southwesterly by Lot 15 on said plan, 95.47 feet;

Northwesterly by Lot 16 on said plan, 45 feet. For our title, please see deed of Herrera, recorded with Suffolk Deeds in Book 37024, Page 31.

Subject to and with the benefit of easements, reservation, restrictions, and taking of record, if any, insofar as the same are now in force and applicable.

In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference.

This property has the address of 47 Hewins St Apt 1, Boston, MA 02121

Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale.

TERMS OF SALE:

Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS ($10,000.00) in cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC, 100 Cummings Center, Suite 225D, Beverly, MA 01915, time being of the essence.

The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale date by public proclamation at the time and date appointed for the adjourned sale date.

The premises is to be sold subject to and with the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claim in the nature of liens, if any there be.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, DOONAN, GRAVES, & LONGORIA LLC, 100 Cummings Center, Suite 225D, Beverly, MA 01915, the amount of the required deposit as set forth herein within three (3) business days after written notice of the default of the previous highest bidder and title shall be conveyed to the said second highest bidder within thirty (30) days of said written notice.

If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder.

The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DOONAN, GRAVES, & LONGORIA LLC, (hereinafter called the "Escrow Agent") until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, thirty (30) days after the date of sale, whereupon all obligations of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged.

Other terms to be announced at the sale.

Dated: July 19, 2016 U.S. Bank Trust, N.A.,
as Trustee for LSF9 Master Participation Trust
By: Reneau J Longoria. Esq., DOONAN, GRAVES, &
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Unit	D042	Miles-Tinsley, Tania	Boxes, Bags, Totes, Misc.
Unit	E002	Clark, Nicola	Boxes, Bags, Totes, Misc.
Unit	E017	Gomes, Carla	Boxes, Bags, Totes, Misc.
Unit	E025	Johnson, Cheyenne	Boxes, Bags, Totes, Misc.
Unit	E034	Charles, Naja	Boxes, Bags, Totes, Misc.
Unit	F016	Tisdale, Princiotti	Boxes, Bags, Totes, Misc.
Unit	F022	Samaroo, Nyron	Boxes, Bags, Totes, Misc.
Unit	F030	Leyva, Carlos	Boxes, Bags, Totes, Misc.
Unit	F031	Randolph Police Dept.	Boxes, Bags, Totes, Misc.
Unit	G001	Cooke, Rocheen	Boxes, Bags, Totes, Misc.
Unit	H001	Gilmette, Suzette	Boxes, Bags, Totes, Misc.
Unit	H011	Wynn, Maurice	Boxes, Bags, Totes, Misc.
Unit	H029	Shine, William	Boxes, Bags, Totes, Misc.
Unit	H037	Sherrod, Latonya	Boxes, Bags, Totes, Misc.
Unit	H043	Bradley, Daryl	Boxes, Bags, Totes, Misc.
Unit	I018	Bright, Cindi	Boxes, Bags, Totes, Misc.
Unit	I044	Rios, Yenny	Boxes, Bags, Totes, Misc.
Unit	I052	Jean-Louis, Sherlie	Boxes, Bags, Totes, Misc.
Unit	J005	Pina, Ana	Boxes, Bags, Totes, Misc.
Unit	J034	Joyner, Charlene	Boxes, Bags, Totes, Misc.
Unit	J041	Mayala, Trisha	Boxes, Bags, Totes, Misc.
Unit	J042	Jean, Dominique	Boxes, Bags, Totes, Misc.
Unit	J050	Rue, Robert	Boxes, Bags, Totes, Misc.
Unit	K027	Waiter, Edith	Boxes, Bags, Totes, Misc.
Unit	K052	Delaney, Justin	Boxes, Bags, Totes, Misc.
Unit	L010	Etienne, Stephanie	Boxes, Bags, Totes, Misc.
Unit	L027	Brown, Tracy	Boxes, Bags, Totes, Misc.
Unit	L048	Michel, Edwich	Boxes, Bags, Totes
Unit	M001	Ricketts, Marcine	Boxes, Bags, Totes
Unit	M008	Boggs, Sharon	Boxes, Bags, Totes
Unit	M013	Bidorini, Deon	Boxes, Bags, Totes

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PS ORANGECO, INC.
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 8/24/2016 at PS ORANGECO, Inc., 1470 Main St. Weymouth, MA 02190. The personal goods stored therein by the below named occupant (s):

Unit	A1018	Nascimento, Henrique	Boxes, Bags, Totes
Unit	A1020	Liuzza, Elizabeth	Boxes, Bags, Totes
Unit	A1105	Holman, Jeremy	Boxes, Bags, Totes
Unit	A1145	Bohn, Jennifer	Boxes, Bags, Totes
Unit	A2006	Leon, Mario	Boxes, Bags, Totes
Unit	A2025	Turner, Patti	Boxes, Bags, Totes
Unit	A2033	Baker, Shawn	Boxes, Bags, Totes
Unit	A2050	Karo, Nancy	Boxes, Bags, Totes
Unit	A2117	Ocasio, Melinda	Boxes, Bags, Totes
Unit	A2153	Fricker, Mark	Boxes, Bags, Totes
Unit	A2155	Jackson, Sheryl	Boxes, Bags, Totes
Unit	A3021	Devane, Garland	Boxes, Bags, Totes
Unit	A3033	Mariano, Lorena	Boxes, Bags, Totes
Unit	A3036	Downey, Robert	Boxes, Bags, Totes
Unit	A3058	Veliz, Omar	Boxes, Bags, Totes
Unit	A3092	Mullins, Michael	Boxes, Bags, Totes
Unit	A3109	Kelley, Chris	Boxes, Bags, Totes
Unit	A3127	Francois, Geraldine	Boxes, Bags, Totes
Unit	A3128	Mac Donald, Anne	Boxes, Bags, Totes
Unit	A3133	Remes, Meredith	Boxes, Bags, Totes
Unit	A3134	Higgins, Mike	Boxes, Bags, Totes
Unit	A3176	Hou, Merry	Boxes, Bags, Totes
Unit	A3186	Yu, Alan	Boxes, Bags, Totes
Unit	A3187	Sylvester, Ruben	Boxes, Bags, Totes
Unit	A3188	Allen, Cheri	Boxes, Bags, Totes
Unit	A3203	Carter, Dorothy	Boxes, Bags, Totes
Unit	A3204	Fletcher, Joe	Boxes, Bags, Totes
Unit	A3225	Dunn, Ronald	Boxes, Bags, Totes
Unit	B004	Keefe, Brenda	Boxes, Bags, Totes
Unit	B009	Willey, James	Boxes, Bags, Totes
Unit	C008	Crowley, Jason	Boxes, Bags, Totes
Unit	C009	Hamilton, Aaron	Boxes, Bags, Totes
Unit	D013	Souther, Susan	Boxes, Bags, Totes

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PS ORANGECO, INC.
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 8/24/2016 at PS ORANGECO, Inc., 805 North Street, Randolph, MA 02368. The personal goods stored therein by the below named occupant (s):

Unit	002	McGrath, Christopher	Boxes, Bags, Totes, Misc.
Unit	018	McGrath, Christopher	Boxes, Bags, Totes, Misc.
Unit	022	Bowker, Kevin	Boxes, Bags, Totes, Misc.
Unit	043	Bergdoll, Jeanne	Boxes, Bags, Totes, Misc.
Unit	063	Julien, Jean-Michel	Boxes, Bags, Totes, Misc.
Unit	084	Andre, Tracey	Boxes, Bags, Totes, Misc.
Unit	124	Parker, Kamal	Boxes, Bags, Totes, Misc.
Unit	133	Hayward, Eileen	Boxes, Bags, Totes, Misc.
Unit	138	Slater Qettelle, Maria	Boxes, Bags, Totes, Misc.
Unit	142	Ross, Rhuvette	Boxes, Bags, Totes, Misc.
Unit	143	Devine, Tim	Boxes, Bags, Totes, Misc.
Unit	165	Noorda, Albert	Boxes, Bags, Totes, Misc.
Unit	185A	Stallings, Corey	Boxes, Bags, Totes, Misc.
Unit	197	Barnes, Catherine	Boxes, Bags, Totes, Misc.
Unit	219	Averett, Jennifer	Boxes, Bags, Totes, Misc.
Unit	284	Fitzpatrick, John	Boxes, Bags, Totes, Misc.
Unit	314	Dixon, Renee	Boxes, Bags, Totes, Misc.
Unit	329	Raymond, Nerla	Boxes, Bags, Totes, Misc.
Unit	345	Whealan, John	Boxes, Bags, Totes, Misc.
Unit	407	Robichaud, Thomas	Boxes, Bags, Totes, Misc.
Unit	422	Ramsey, Brenda	Boxes, Bags, Totes, Misc.
Unit	430	Mauras, Giovanni	Boxes, Bags, Totes, Misc.
Unit	445	Irungu, Beth	Boxes, Bags, Totes, Misc.
Unit	469	Gilmere, Leotta	Boxes, Bags, Totes, Misc.
Unit	472	Raymond, Nerla	Boxes, Bags, Totes, Misc.
Unit	4788	Nelson, Ashley	Boxes, Bags, Totes, Misc.
Unit	512	Curry, Shannon	Boxes, Bags, Totes, Misc.
Unit	526	Parkman, Betty	Boxes, Bags, Totes, Misc.
Unit	537	Sukhakanya, Sathien	Boxes, Bags, Totes, Misc.
Unit	5398	Sukhakanya, Sathien	Boxes, Bags, Totes, Misc.
Unit	617	Pauls, Edith	Boxes, Bags, Totes, Misc.
Unit	623	Pauls, Edith	Boxes, Bags, Totes, Misc.
Unit	643	Novaco, Marc	Boxes, Bags, Totes, Misc.
Unit	650	Andris, Jean	Boxes, Bags, Totes, Misc.
Unit	651	Fitzpatrick, John	Boxes, Bags, Totes, Misc.
Unit	722	Brutuas Bernadotte, Mona	Boxes, Bags, Totes, Misc.
Unit	735	Croxen, Lori	Boxes, Bags, Totes, Misc.

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ITEMS WANTED

PS ORANGECO, INC.
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 8/24/2016 PS ORANGECO, Inc., 432 Washington St. Weymouth, MA 02188. The personal goods stored therein by the below named occupant (s):

Unit	A023	Tull, Andre	Boxes, Bags, Totes
Unit	A048	Powers, John	Boxes, Bags, Totes
Unit	A099	Li, Tiancong	Boxes, Bags, Totes
Unit	A100	Hunt, Paul	Boxes, Bags, Totes
Unit	A105	Hennessy, Dawn Marie	Boxes, Bags, Totes
Unit	A124	Lewis, Kerima	Boxes, Bags, Totes
Unit	A130	Fleming, Lucas	Boxes, Bags, Totes
Unit	A174	Barrows, Jeffrey	Boxes, Bags, Totes
Unit	A206	Swan, Malene	Boxes, Bags, Totes
Unit	A240	Brewster, Katie	Boxes, Bags, Totes
Unit	A259	Gifford, Diane	Boxes, Bags, Totes
Unit	A305	Logue, Debrah	Boxes, Bags, Totes
Unit	A321	Celata, Joseph	Boxes, Bags, Totes
Unit	A340	Smith, Richard	Boxes, Bags, Totes
Unit	A415	Santos-Reilly, Roberto	Boxes, Bags, Totes
Unit	A417	Derochers, Scott	Boxes, Bags, Totes
Unit	A488	Balzano, Jessica	Boxes, Bags, Totes
Unit	A493	Barnes, Scott	Boxes, Bags, Totes
Unit	A508	Roby, Richard	Boxes, Bags, Totes
Unit	A534	Nunes, Cecilia	Boxes, Bags, Totes
Unit	A551	Arnold, John	Boxes, Bags, Totes
Unit	A565	Grace, Cecelia	Boxes, Bags, Totes
Unit	A574	Willdridge, Tim	Boxes, Bags, Totes
Unit	A587	Emmanuel, Glenn	Boxes, Bags, Totes
Unit	A593	Driscoll, Stephanie	Boxes, Bags, Totes
Unit	A605	Campitelli, Dean	Boxes, Bags, Totes
Unit	A614	Chavis, Cassandra	Boxes, Bags, Totes

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LEGAL NOTICES

PS ORANGECO, INC.
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 8/24/2016 at PS ORANGECO, Inc., 2030 Main St. Brockton, MA 02301. The personal goods stored therein by the below named occupant (s):

Unit	A008	Kennedy, Chantal	Boxes, Bags, Totes, Misc.
Unit	A013	Bertram, James	Boxes, Bags, Totes, Misc.
Unit	A032	Kilgore, Renee	Boxes, Bags, Totes, Misc.
Unit	B050	Pires, Sheena	Boxes, Bags, Totes, Misc.
Unit	B052	Wilson, Tamika	Boxes, Bags, Totes, Misc.
Unit	B062	Nicholson, Neysa	Boxes, Bags, Totes, Misc.
Unit	B063	Flores, Tamara	Boxes, Bags, Totes, Misc.
Unit	C084	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit	C093	Kelow, Denise	Boxes, Bags, Totes, Misc.
Unit	C117	Tidd, Michael	Boxes, Bags, Totes, Misc.
Unit	C119	Vilsaint, Nathalie	Boxes, Bags, Totes, Misc.
Unit	C134	REID, KELVIN	Boxes, Bags, Totes, Misc.
Unit	C158	Flynn, Mary	Boxes, Bags, Totes, Misc.
Unit	C163	Moreno, Benjamin	Boxes, Bags, Totes, Misc.
Unit	C164	Rodriguez, Moises	Boxes, Bags, Totes, Misc.
Unit	C166	Rodriguez, Moises	Boxes, Bags, Totes, Misc.
Unit	C174	Andrews, Brandon	Boxes, Bags, Totes, Misc.
Unit	C182	Houlder, Latishaa	Boxes, Bags, Totes, Misc.
Unit	C185	Ramos, Tatiana	Boxes, Bags, Totes, Misc.
Unit	C190	Mendes, Lisa	Boxes, Bags, Totes, Misc.
Unit	C215	Flanagan, Jennifer	Boxes, Bags, Totes, Misc.
Unit	D230	Semedo, Alice	Boxes, Bags, Totes, Misc.
Unit	D236	Murphy, Allen	Boxes, Bags, Totes, Misc.
Unit	D241	Phanuef, Maureen	Boxes, Bags, Totes, Misc.
Unit	D244	ZENE, SONYA	Boxes, Bags, Totes, Misc.
Unit	D246	Custudio-Perez, angeli	Boxes, Bags, Totes, Misc.
Unit	D252	Murray, Rayshawn	Boxes, Bags, Totes, Misc.
Unit	D261	Bezanson, Christopher	Boxes, Bags, Totes, Misc.
Unit	D266	Shelby, Taleka	Boxes, Bags, Totes, Misc.
Unit	D288	Johnson, Andrea	Boxes, Bags, Totes, Misc.
Unit	D305	Wyatt, Doreen	Boxes, Bags, Totes, Misc.
Unit	D335	Flanagan, Patricia	Boxes, Bags, Totes, Misc.
Unit	D338	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit	D339	Garcia, Vital	Boxes, Bags, Totes, Misc.
Unit	E348	Mcneil, Tramont	Boxes, Bags, Totes, Misc.
Unit	E363	Mullaney, Sean	Boxes, Bags, Totes, Misc.
Unit	E365	Rogers, Laurie	Boxes, Bags, Totes, Misc.
Unit	E414	Merriman, Lucy	Boxes, Bags, Totes, Misc.

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CITATION ON PETITION FOR FORMAL ADJUDICATION

DOCKET NO. SU16P1710EA

COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

Estate of: **Wallace Patrick Steadman**
Date of Death: **05/30/2012**

Suffolk Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all interested persons: A Petition for **Late and Limited Formal Testacy and/or Appointment** has been filed by **John W. Steadman** of **Belmont MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **John W. Steadman** of **Belmont MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 09/08/2016.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: August 01, 2016

JOBS

General Help Wanted

NSMHA
North Suffolk Mental Health Association

For more than 50 years, we've been helping individuals with mental health, disability, substance abuse, and other daily challenges achieve independence and explore possibilities.

We are currently looking for candidates to fill multiple positions:

• Program Coordinators • Assistant Program Coordinators
• Direct Support Professionals
• Outreach Workers • Residential Counselors in Mental Health and Developmental Services
• Awake Overnight Staff • Weekend Floaters
• MASTERS Level Clinicians

For a full list of openings visit us at **www.NorthSuffolk.org**

Interested Candidates should send in Cover Letters and Resumes to

Mail Resumes:
North Suffolk Mental Health Association Attn: HR Recruiter
301 Broadway, Chelsea, MA 02150
Fax Resumes: 617-912-7971
Email Resumes: gethired@northsuffolk.org
NSMHA is an Equal Opportunity Employer

CSI COOP

NIGHT WEEKEND EMERGENCY RESPONSE PERSON

Job Overview: The Emergency Response Person (ERP) will be a reliable, trustworthy person who lives onsite, rent free, to respond to emergencies nights (7PM to 7AM) and weekends. There are 2 positions available at this time. One at Constitution Co-op, located @ 42 Park Street Charlestown MA 02129 and the other at Everett Villa Co-op, located @ 66 Main St Everett, MA 02149. Please fill free to apply to either one of those positions. Up to 15 hours per week is authorized. Specific job duties include answering emergencies (on call); emptying trash nightly; cleaning lobby, community room and bathrooms on weekends; snow shoveling; light maintenance work; landscape watering and other tasks.

CSI Support & Development is a mission driven non-profit that provides seniors with high-quality affordable housing communities. Our communities are all resident-controlled co-ops, and we need an ERP to attend to any emergency situations and ensure that general needs of the building and members are being met.

Resumes can be sent to **maresumes@csi.coop**. To complete an application, come to 110 Florence Street, suite 204, Malden between 9AM & 4PM Monday through Friday.

CSI Support & Development is an equal opportunity employer.

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PT and FT Associates

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We offer career advancement opportunities.

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Call 617-541-1911
to schedule a preliminary interview.

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Airport Job Fair!!

G2 Secure Staff is hiring $11.00 per hour positions with retention bonuses in effect up to $400.00. Early morning and late night shifts are needed.

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Boston, MA 02128
Upper level,
terminal C – Food Court
For additional information call (800) 742-0703 extensions 300 or 307.

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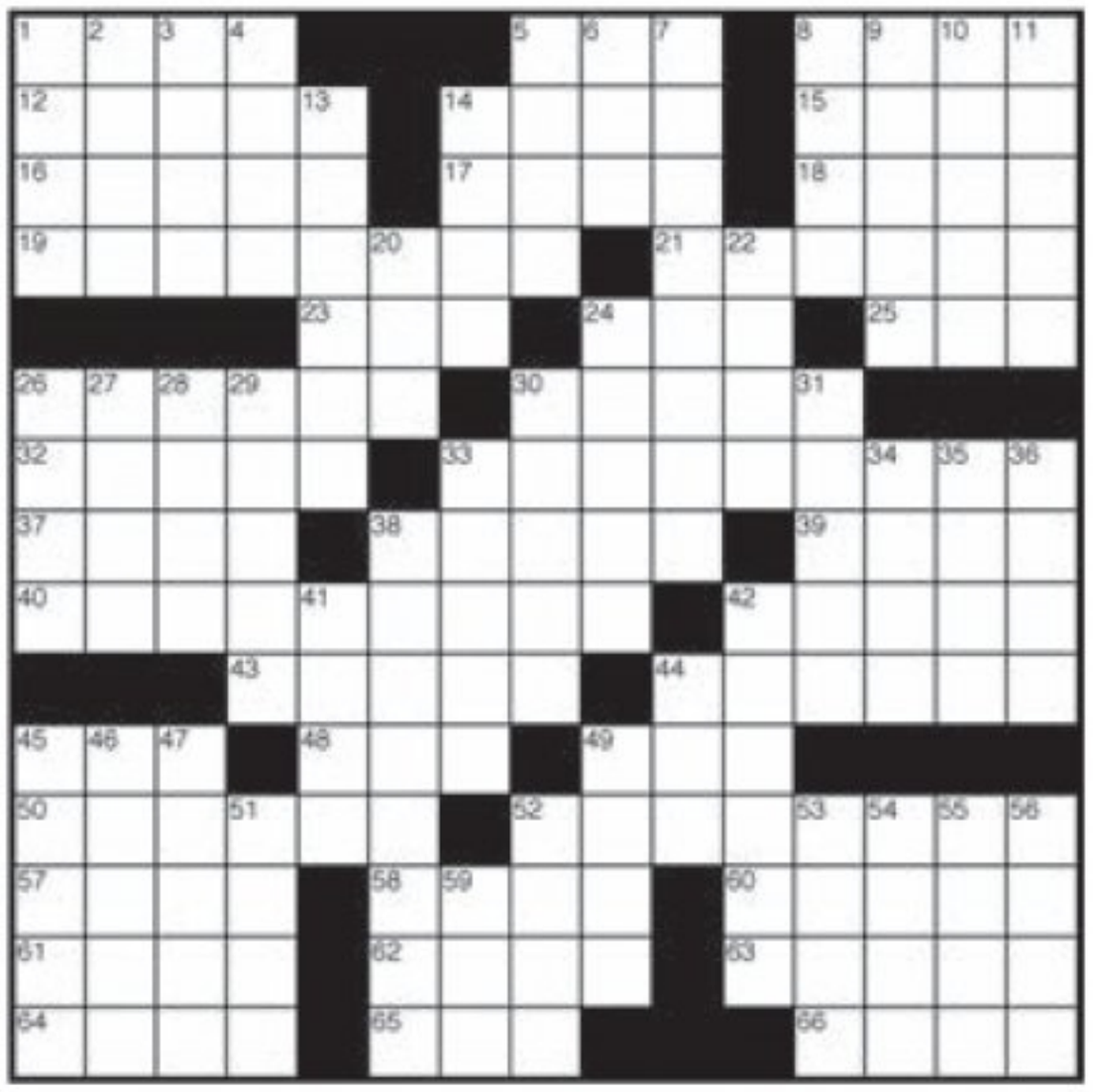
Across

1 Where to find a drone
5 — de deux
8 Branch
12 Martini extra
14 Backpack
15 Mr. Moto's reply (2 wds.)
16 Tee partner
17 Indigo plant
18 Popular beverage
19 Ennobling
21 Bounced off the walls
23 Forum hello
24 Gene material
25 A gal. has eight
26 "Bugsy" star
30 Bum off of
32 Kelp
33 Cut into strips, as carrots
37 Disparaging remark
38 Whittled down
39 Punctually
40 Tea clippers' concern
42 Pretty in Paris
43 Uh-oh!
44 Greeted the moon
45 Strangelove and No
48 Insult, slangily
49 Cartoon mice -- and Meek
50 Thoreau's pond
52 Mariachis, mostly
57 Adams or Brickell
58 It had three parts
60 Prickly pear
61 Shortage
62 WWW addresses
63 Mural undercoat
64 Pine
65 Cobbler
66 Lowest high tide

Down

1 Ice-fishing need
2 Holly, in botany
3 "— Zapata!"
4 Like Mr. Hyde
5 Twinge
6 Left Bank friend
7 Excellent
8 RPM meter
9 Rodeo yell
10 Cay
11 Incites
13 All you own
14 Masterson prop
20 University wall covering
22 Pet shop buy
24 Broad valleys
26 Some party!
27 La femme
28 Water, in Baja
29 Overdue
30 Miss Muffet's treat
31 Provide capital
33 Russell and Pauley
34 Not in effect
35 Journalist — Ducommun
36 Applied henna
38 Speaking (2 wds.)
41 Roomy
42 Not serious
44 Jinx
45 Harped on
46 Colonel Potter's aide
47 Pizza order
49 Electric swimmers
51 Hockey feint
52 Pack animal
53 Joel or Ethan
54 Nave neighbor
55 Blast-off org.
56 Tramp through mud
59 "Exodus" hero



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easy

					7			
6				8	1		5	9
3				4	2			
	5				4	1	8	
	6	2				5	3	
	8	4	7				9	
			8	1				3
4	7		5	2				6
			4					

hard

		7					6	5
			1			2	7	
				9	6	4		
	2		9	6	1			4
	4						2	
1			4	2	7		9	
		8	5	3				
	6	1			2			
9	3					5		

metro.us/horoscopes

Aries An enthusiasm for experimentation accompanied by hard work and discipline will pay off. Giving back to your community by volunteering your time will also lead to new friendships.

Taurus Don't give in to emotional manipulation or be made to feel guilty. Surround yourself with people who think the same way you do. Listen to an expert and apply what you learn.

Gemini You won't see eye-to-eye with the people you interact with. Listen carefully and go about your business. You'll gain the most by working alone. Avoid temptation.

Cancer Go with the flow and see what happens. Your ability to adapt to the changes going on around you will be to your benefit. A romantic gesture is encouraged.

Leo Network with peers and share your experience. Don't let the actions of others upset you or cause you to leave your plans incomplete. Believe in yourself and what you have to offer.

Virgo Participate in events that involve colleagues or deal with changes going on in your industry. The people you meet will expand your knowledge and give you insight.

Libra If you listen to what your emotions are trying to tell you, you will know exactly what you have to do. A positive personal change will occur through communication with an expert.

Scorpio Expressing your feelings will give others the opportunity to share theirs as well. Together, you can find solutions that will help you move forward without fear, uncertainty or regret.

Sagittarius Consider your income options and look for alternatives that will help you make more doing something you enjoy or are good at. A change of location or of colleagues is favored.

Capricorn You can offer someone help, but not at the expense of forgoing a chance to make personal gains. Make suggestions, but don't take on responsibilities that don't belong to you.

Aquarius Put energy and enthusiasm behind your plans in order to improve your current work situation. Taking on additional responsibility will impress someone influential.

Pisces A situation you face will require patience, understanding and the time and space to unfold naturally in order to turn out favorably. Good things will develop. EUGENIA LAST

Yesterday's answers

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